

OPERATION IRAQI FREEDOM

Post Deployment Preventive Medicine Briefing

CFLCC Surgeon

(Coalition Forces Land Component Command)



Prepared by:
U.S. Army Center for Health Promotion and Preventive Medicine
(800) 222-9698/ DSN 584-4375/(410) 436-4375
<http://usachppm.apgea.army.mil>

Post Deployment Briefing Outline

- Purpose of this briefing
- Background on health concerns
- Potential health hazards in this region
- Post deployment requirements
- Summary of topics covered
- How to get more information



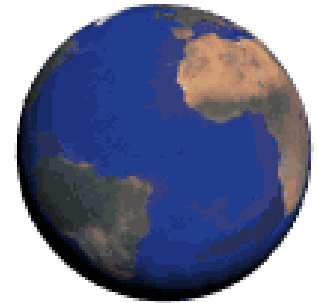
Purpose of this briefing

To address health concerns you may have and inform you of the Post-Deployment Health Requirements.



Background

- Recent historical examples of health impact on military readiness:
 - 1991 Desert Storm/Desert Shield
 - 1994 Uphold Democracy-Haiti
 - 1995-96 Bosnia deployments
- Over 300,000 US and Coalition Forces are re-deploying from Iraq and Kuwait in support of Operation Iraqi Freedom.
- Of utmost importance is force health protection and addressing any concerns you might have regarding your health.



Health Threats in Kuwait and Iraq

- Disease Categories

- Infectious
- Vector borne
- Animal associated
- Environmental

- Diarrheal diseases
- Tuberculosis
- Malaria
- Dengue
- Meningococcal Meningitis
- Leishmaniasis
- Q-Fever
- Rabies
- Sandfly Fever
- Schistosomiasis
- Typhoid/Paratyphoid
- Typhus
- Boutonneuse Fever
- West Nile Fever
- Leptospirosis

Infectious Diseases

The most commonly reported health problems in theater:

- Upper respiratory illness
- Diarrhea
- Other less common infectious diseases are covered on the PD Health web site (www.pdhealth.mil/)

Upper Respiratory Illness

- Can be caused by a number of different things, viruses, bacteria, dust particles
- Contributing factors are close living quarters, variation in sleep routine, stress, change in hygiene habits
- Symptoms should resolve in a few days

Diarrheal Diseases

- Major cause of illness
 - Caused by bacteria, viruses, or parasites
 - Can occur with other diseases such as malaria
- Symptoms
 - Usually rapid onset diarrhea
 - Can last more than 2 wks
- Incubation period varies- hours to weeks

Diarrheal Diseases

- It is normal for almost everyone to have some gastrointestinal disturbances during deployment due to changes in diet and eating habits
- The risk of contracting an infectious agent is greatly reduced if you do not eat on the economy. **Eat only from US government approved sources**
- If you are currently experiencing diarrhea symptoms (loose watery stools, more than 3X per day), **see a health care provider**

STDs & Bloodborne Diseases

- HIV/AIDS
- Gonorrhea
- Chlamydia
- Syphilis
- Hepatitis

You are not at risk for STDs if you abstain from sexual contact while deployed


Vector-borne diseases:

Malaria

- Blood parasite transmitted by mosquitoes
 - Many Iraqis infected
- Symptoms
 - Incubation period: 8-14 days
 - Symptoms: fever, flu-like illness, chills, headache, muscle aches, and fatigue
 - Can be fatal
- It is **CRITICAL** that you take all anti-malarial medication exactly as prescribed



Vector-borne diseases: Leishmaniasis

- A protozoal parasite transmitted by sand fly bites
 - Highest risk from dusk to dawn
- Symptoms
 - Skin form - sores in nose, mouth, and throat
 - Internal form - fever, weight loss, anemia, swelling of spleen and liver, possibly fatal
- Countermeasures  Prevent sand fly bites
 - Use treated uniforms, Deet, bed nets



Sand flies are very small - only one-third the size of mosquitoes.

Animal Associated Diseases

- Naturally occurring Anthrax
- Rabies
- Refer to PDHealth for more information on other animal associated diseases

Anthrax

(Naturally Occurring)

- Bacteria transmitted by animals or contaminated meat
 - Livestock or wildlife (camels)
 - Increased risk during droughts
- Symptoms
 - Skin form – starts as a bump ➡ blister ➡ ulcer, swelling, and fever
 - Intestinal form – nausea, vomiting, fever, and abdominal pain
 - Inhalation form – fever, cough, chest discomfort, muscle aches, respiratory distress and death
- Prevention: avoid animal contact
 - Eat only food approved by the U.S. military
 - Bivouac away from livestock and wildlife

Rabies

- The wild dogs roaming troop areas in Kuwait and Iraq could be carrying rabies
- Caused by virus in the saliva of infected mammals or bats
- Rabies is 100% fatal if untreated
- Prevention: avoid animal contact
 - Report animal bites or scratches!
 - Post-exposure treatment must be started immediately

Environmental Threats

- Environmental assessments conducted at all base camps in Kuwait
- Radiation surveys: no health hazard detected
- Air, soil and water analyzed for pesticides, chemicals and heavy metals
- Results: No harmful chemicals in air, soil or water; Particulate matter (dust) levels are a moderate hazard
- Smoke from oil well fires not a health hazard

Homecoming Stress: Reunion with family and friends

- Reunion is a part of the deployment cycle and can be filled with both joy and stress.
- Chaplains and counselors are available to help cope with homecoming stress



Post Deployment Requirements

- Complete Post-Deployment Health Assessment (DD FORM 2796)
- Receive post-deployment preventive medicine briefing
- Receive post-deployment medical screening, testing, and follow-up
- Continue malaria medication

V1.00

Post Deployment Health Assessment Form

12. Have you ever had any experience that was so frightening, horrible, or upsetting that, IN THE PAST MONTH, you

No Yes

- ☐ ☐ Have had any nightmares about it or thought about it when you did not want to?
- ☐ ☐ Tried hard not to think about it or went out of your way to avoid situations that remind you of it?
- ☐ ☐ Were constantly on guard, watchful, or easily startled?
- ☐ ☐ Felt numb or detached from others, activities, or your surroundings?

13. Are you having thoughts or concerns that ...

No Yes Unsure

- ☐ ☐ ☐ You may have serious conflicts with your spouse, family members, or close friends?
- ☐ ☐ ☐ You might hurt or lose control with someone?

14. While you were deployed, were you exposed to:

(mark all that apply)

No Sometimes Often

- | | | | |
|-----------------------|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | DEET insect repellent applied to skin |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Pesticide-treated uniforms |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Environmental pesticides (like area fogging) |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Flea or tick collars |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Pesticide strips |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Smoke from oil fire |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Smoke from burning trash or feces |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Vehicle or truck exhaust fumes |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Tent heater smoke |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | JP8 or other fuels |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Fog oils (smoke screen) |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Solvents |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Paints |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Ionizing radiation |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Radar/microwaves |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Lasers |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Loud noises |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Excessive vibration |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Industrial pollution |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Sand/dust |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Depleted Uranium (If yes, explain) _____ |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Other exposures _____ |

15. On how many days did you wear your MOPP over garments?

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No. of days

16. How many times did you put on your gas mask because of alerts and NOT because of exercises?

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No. of times

17. Were you in or did you enter or closely inspect any destroyed military vehicles?

☐ No ☐ Yes

18. Do you think you were exposed to any chemical, biological, or radiological warfare agents during this deployment?

☐ No ☐ Don't know
☐ Yes, explain with date and location _____

Health Care Provider Only

SERVICE MEMBER'S SOCIAL SECURITY #

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Post-Deployment Health Care Provider Review, Interview, and Assessment

Interview

1. Would you say your health in general is: ☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor
2. Do you have any medical or dental problems that developed during this deployment? ☐ Yes ☐ No
3. Are you currently on a profile or light duty? ☐ Yes ☐ No
4. During this deployment have you sought, or do you now intend to seek, counseling or care for your mental health? ☐ Yes ☐ No
5. Do you have concerns about possible exposures or events during this deployment that you feel may affect your health? ☐ Yes ☐ No
Please list concerns: _____
6. Do you currently have any questions or concerns about your health? ☐ Yes ☐ No
Please list concerns: _____

Health Assessment

After my interview/exam of the service member and review of this form, there is a need for further evaluation as indicated below. (More than one may be noted for patients with multiple problems. Further documentation of the problem evaluation to be placed in the service member's medical record.)

REFERRAL INDICATED FOR:

- ☐ None
- ☐ Cardiac
- ☐ Combat/Operational Stress Reaction
- ☐ Dental
- ☐ Dermatologic
- ☐ ENT
- ☐ Eye
- ☐ Family Problems
- ☐ Fatigue, Malaise, Multisystem complaint
- ☐ Audiology

- ☐ GI
- ☐ GU
- ☐ GYN
- ☐ Mental Health
- ☐ Neurologic
- ☐ Orthopedic
- ☐ Pregnancy
- ☐ Pulmonary
- ☐ Other _____

EXPOSURE CONCERNS (During deployment):

- ☐ Environmental
- ☐ Occupational
- ☐ Combat or mission related
- ☐ None

Comments: _____

I certify that this review process has been completed.
Provider's signature and stamp:

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This visit is coded by V70.5 __ 6

Date (dd/mm/yyyy)

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End of Health Review

Post Deployment Health Assessment Form

- DD Form 2796 must be completed prior to departing for home station*
- Side 1 Administrative information
 - Deployment location
 - Country, list all
 - Operation Iraqi Freedom

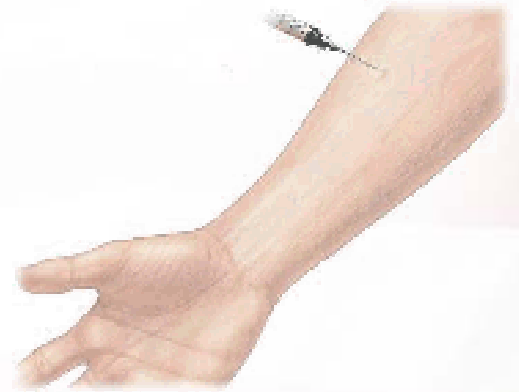
* or within 5 days of redeployment to home station

Post Deployment Health Assessment Form

- Side 2 Health Assessment
 - Answer as to how you are feeling today
 - Please indicate if you have questions or concerns
 - Signature verifies who completed the form

Preventive Measures Required

- Tuberculosis Test
 - A skin test on the forearm to indicate if you have been exposed to tuberculosis
 - Required 90 days after you depart theater
 - Date will be indicated on your DD 2796
 - You must return 48 hours after the skin test to have it read by a health care provider



Malaria Medication

- Complete all malaria medication
 - Continue daily Doxycycline for 4 weeks after departure
 - If on Mefloquine or Chloroquine, continue weekly for 4 weeks after departure
 - Begin Primaquine on day of departure, 15 mg per day for 14 days, unless G-6PD deficient*
 - For 2 weeks after deployment you will be taking Primaquine plus your primary anti-malaria medication; G-6PD individuals see your physician
 - Failure to complete malaria medication can result in malaria infection after deployment

Blood Donation

- If you get malaria you will be deferred from donating blood for 3 years
- Members who have been to malarious areas (Iraq), cannot donate blood for 1 year after departing the area and after stopping malaria medication.
- If you have taken malaria medication and did not travel you will be not deferred from donating blood.



Directions for post-deployment health questions and concerns

- Step 1
 - Contact your local MTF for problems, questions, or concerns noticed after re-deployment.
- Step 2
 - If you feel ill, your primary health care provider can do an initial assessment. If symptoms persist or your condition is not improving, you will be referred to a specialist.
- Step 3
 - The DoD Deployment Health Care Center is always available to answer your questions

DoD Deployment Health Care Center

**Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Building 2, Room 3G04
Washington, DC 20307-5001**

Phone: (202) 782-6563

Fax: (202) 782-3539

Toll Free Help Line: (866) 559-1627

<http://www.pdhealth.mil>

Department of Defense Post-Deployment Health (PDHealth.mil) site